

## A Century of Progress and A Look to the Future

	IN 1900	BY 1999
<b>World Population</b>	<b>1.6 Billion</b>	<b>Over 6 Billion</b>
<b>U.S. Population</b>	<b>76 Million</b>	<b>270 Million +</b>
<b>U.S Life Expectancy</b>	<b>47.3 Years</b>	<b>76.5 Years</b>

### TOP ACHIEVEMENTS IN HEALTH AND WELL BEING IN THE 20<sup>TH</sup> CENTURY

*Today, people living in the United States on average live more than 29 years longer than people of 1900. Most of those years are attributable to advances in public health. They reflect what has been and what can be accomplished by the public health and welfare community with the American public, scientists, technology and national as well as international cooperation. With this widespread cooperation, the well-being of all Americans improved.*

- Antibiotics significantly reduced the incidence of pneumonia, tuberculosis, and other **INFECTIOUS DISEASES** that were among the leading causes of death in 1900. In 1997 they were heart disease, cancers and strokes.
  - Decreased age-adjusted death rates for **HEART DISEASES AND STROKES** from 307.4 and 88.5 per 100,000 respectively, in 1950 to 134.6 and 26.5 per 100,000 in 1996. Healthy behavioral choices, early diagnosis, and improvements in treatment have helped.
  - Increased use of sanitation, vaccines, antibiotics and technologic advances to identify and/or reduce **UNPREDICTABLE DISEASES** as they emerge, re-emerge and evolve.
  - Reduced cases of **SMALLPOX, DIPHTHERIA, MEASLES and WILD-TYPE POLIO** by 100% since the early 1900's as a result of vaccines. Vaccines also decreased **MUMPS, RUBELLA, and H INFLUENZA TYPE B** cases by over 99%.
  - Decreased nutritional deficiency diseases of **RICKETS, GOITER, SCURVY,**
- BERI-BERI AND PELLAGRA** of the early 1900's so in the last half of the century the focus shifted to the use of proper nutrition for chronic disease prevention.
- Increased use of sanitation standards, proper pesticide and herbicide controls, improved surveillance and diagnostic tools helped to reduce incidences of illnesses caused by **FOODBORNE PATHOGENS.**
  - Decreased **MOTOR VEHICLE DEATHS** by 90% from 18 deaths per 100 million miles traveled in 1925 to 1.7 per 100 million miles traveled, although 6 times as many people and 10 times as many miles are traveled by motor vehicles in 1997. Safer driving behavior as well as safer roads and vehicles have contributed to the decline.
  - Decreased **WORKPLACE DEATHS** due to unintentional injury from 37 per 100,000 workers in 1933 to 4 per 100,000 workers in 1997 although 3 times as many people are now in the workforce. These risks have been reduced through work environments that are safer and a comprehensive focus on occupational disease and injury.

- 
- Increased environmental interventions, improvements in nutrition, advances in clinical medicine, improvements in access to health care and other improvements decreased the **INFANT MORTALITY** rate by more than 90% from 100 per 1,000 live births before age 1 in 1915, to 7.2 per 1,000 live births in 1997.
  - Decreased **MATERNAL DEATHS** due to the same improvements by almost 99% from 1900 down to 0.1 reported death per 1,000 live births (derived from 7.7 maternal deaths per 100,000 live births in 1997).
  - Decreased **DENTAL CAVITIES** among children by 40% - 70% in the last half of the century due to water fluoridation.
  - Decreased annual per capita **CIGARETTE CONSUMPTION** from 4345 cigarettes in 1963 to 2261 in 1998 through smoking prevention and cessation initiatives.
  - Saved thousands of lives through successful development and use of surgical procedures for transplanting hearts, kidneys, livers, and other human organs.
  - Provided **TEMPORARY ASSISTANCE TO NEEDY FAMILIES** as a means of helping families survive economically. Currently work participation is required in exchange for financial help. The number of recipients of temporary assistance to needy families as a percent of the total U.S. population was 1.7% in 1960, rose to a peak of 5.5% in 1994, and decreased to 2.5% as of June 1999. Continued progress on welfare reform and a strong economy has reduced welfare caseloads to their lowest percentage of the U.S. population since 1967 and the nationwide welfare rolls have fallen by 49 percent from 14.2 million in 1994 to 6.9 million in 1999.
  - **HEALTH INSURANCE COVERAGE** is provided for approximately 75 million elderly, disabled and economically disadvantaged Americans under Medicare and Medicaid. Health coverage is also being expanded under the State Children's Health Insurance Program to uninsured children whose families earn too much for existing public health insurance but too little to afford private coverage.
- Used national resources to achieve strategic goals for **INCREASING THE SPAN OF HEALTHY LIFE, REDUCING HEALTH DISPARITIES AND ACHIEVING ACCESS TO PREVENTIVE SERVICES** for everyone. Many of the objectives have been met or are moving toward the target.
  - Made progress in providing all Americans **ACCESS TO HEALTH CARE** through increasing school-based health centers, rural health care programs, health services offered in pre-school educational programs plus new initiatives for special populations such as adolescents, minorities, the elderly, etc.
  - A national program initiated in 1965 to provide **COMPREHENSIVE DEVELOPMENTAL SERVICES FOR AMERICA'S LOW-INCOME, PRE-SCHOOL CHILDREN** ages three to five and social services for their families has been implemented in 1,520 community-based programs. Enrollment has grown to 835,000 in FY 1999.
  - **AMERICANS WITH DISABILITIES** have obtained accommodations through legislation and increased awareness so they can lead more productive lives.
  - **OLDER AMERICANS** obtained needed nutrition and community support services to help them remain independent as long as they can. They also have a strong network and ombudsmen program to protect their rights.
-

**A LOOK TO THE FUTURE**

*“As we enter the new millennium, we hope to build on our successes. We will continue to move people from welfare to work, expand and improve health care and...work diligently to unlock the mysteries of cancer, AIDS, and other diseases that threaten mankind.”*

**Donna E. Shalala, Secretary of Health and Human Services**

**Projected Significant Changes in American Demographics:**

	IN 2000	BY 2100
Total Resident U.S. Population	275 million	571 million
Mean Age:	36.5	42.4
Number over 65 years of age	34.8 million (12.66%)	131 million (22.9%)
Makeup of Population (rounded):		
African-American	13%	15%
American Indian	1%	1%
Asian and Pacific Islander	4%	13%
Hispanic	12%	33%,
White (Non-Hispanic)	72%	40%

We will need to continue to serve and improve the health and well being of all Americans, especially older and vulnerable Americans. The major advances in human genome science and tissue engineering, research in cancer, AIDS, among others, will revolutionize the ability to survive. To ensure that these advances benefit everyone, we will have to address the increasing pressures on the health insurance safety net. In addition, we will need to continue to protect the well being of our children, families, and those who need economic and living assistance to survive and lead productive lives.

Sources: Morbidity and Mortality Weekly Reports, and 1999 National Vital Statistics report: Centers for Disease Control and Prevention  
Other program information provided by OPDIVs  
Monthly Estimates of Population, Historical National Estimates, and Projections of Population: U.S. Census Bureau